

## AIP FOOD LIST

# *Foods to Avoid*

### GLUTEN & GRAINS

Amaranth	Quinoa
Barley	Rice
Buckwheat	Rye
Bulger	Sorghum
Corn	Spelt
Millet	Wheat
Oats	

### NIGHTSHADES

Eggplant	All red spices
Goji berries	Potato
Ground cherry	Tomato
All peppers	Tomatillo

### DAIRY & EGGS

All Eggs	Ghee
Butter	Milk
Cheese	Yogurt
Cream	

### NUTS & SEEDS

Almond	Hazelnut	Sunflower
Brazil nut	Hemp	Walnut
Canola	Pecan	
Cashew	Pine nuts	
Chia	Pistachio	
Coffee	Pumpkin	
Cocoa	Safflower	
Flax	Sesame	

### LEGUMES

Black beans	Lentils
Chickpeas	Lima beans
Cocoa	Peanuts
Fava beans	Soybeans
Kidney beans	

### OTHER

Seed & Berry Spices:

Allspice	Fennel seed
Anise	Mustard
Caraway	Nutmeg
Celery seed	Pepper
Cumin	Poppy seed

All Alcohol, Additives, Sugar\*  
\*(small amounts of honey, maple & coconut sugar are ok.)